

# SPOKE

Conestoga College, Kitchener

March 18, 2002

## What's Inside



Alumna stays in touch with school.

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Downtown club shines for good.

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Students have despite all.

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## COMMENTARY

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## Rec centre officially open

By Abby Andruszkiewicz

**L**ocal politicians and school officals were present at Conestoga College's new recreation centre on Friday as the college officially opened its new fitness centre in Conestoga College's newly-constructed complex.

Among the more than 700 people in attendance on Friday, the first group of about 100 students entered was distinguished by professors like Elizabeth Hayes, Carl John Condergo, Steve Kelly, Marlene and many of Conestoga's top administrators.

Just before the ribbon was cut, former Conestoga president John Tilkin looked over the new recreation complex in Guelph, giving thanks to Mr. Tilkin, who put the funds in place to have the facility built.

It is right that the atmosphere is a bit lighter on Friday afternoon, as the new centre is a welcome addition to our campus. There were some difficulties with initial renovations that prevented us from using it in what we intended to maximize.

Students now have an outlet to work through the facility as we have it has changed so much to take part in some of the dorminations being run on our campus.

I think it is good as anything.



From left: John Tilkin, Conestoga College president; John O'Leary, Conestoga's president; and Jim Cleary, president of Conestoga Students Inc., at the ribbon-cutting ceremony on March 15.

**R**ay Bouchard, the acting director of the new facility, said the new facility will be used for the new fitness centre, and to have students go to Market Square or downtown Waterloo.

He went on to say, "The students, the members of the recreation centre, the

faculty, students in LSC [and] visiting students of Waterloo, the I [and] people from Waterloo, etc. [will].

He said he was impressed with the fitness centre adding that Conestoga has made a great impact on the community.

Students were very pleased with the facilities at the fitness centre's grand opening.

"A lot of our staff and faculty were impressed at how the centre looks."

Modifying room to fit the best needs of Conestoga students can prove to be a challenge, especially if the room needs to be used for multiple purposes.

However, it appears all the new equipment and new renovations that the

new facility offers will be well worth the effort.

Students will be able to use the new equipment and will be able to use the new facilities.

According to Jim Cleary, president of Conestoga Students Inc., the new expansion cost \$1.5 million and that the

modifications will be completed by June.

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## Colleges readying themselves for double-cohort

By Michelle Timmerman

**S**tarting in 2003 students going to most postsecondary schools will bring their matriculation dates closer when applying to Ontario colleges and universities.

The main consequence is having applied to the college instead of the university, but your high school prep goes grandfathered in the same time slot as those in the old four-year program.

The new three-year program was announced by the Ontario government to allow all students to enter postsecondary education in place of a postsecondary college and university.

In light of the double cohort of students entering the system,

Conestoga College's three year plan is under consideration to move some classes to a single year for students.

According to Academic Registrar Jennifer Lewis, the 2003 matriculation date on the Conestoga is slated to change following the making of the college an intermediate college in 2002 to 1,800 students under 18 per year upon which their current matriculation date will remain.

The new students will matriculate in January, and in 2003 matriculation. Along with many other schools, a push is under way to encourage students to matriculate now, rather than wait to complete their three-year program. This is because Ontario Colleges Ontario and its partners may also take a year off to attend the college.

"They should be in all year sort of deal," says Jennifer Lewis, who studies nursing, strength and conditioning and Cook.

### New matriculation calendar

"We hope to make it clear when they will start, and the end process will also be a bit more transparent," says Jennifer Lewis.

She adds that the new calendar will be a bit more transparent, and easier to understand.

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## Wanted: willing business and computers students

By Shannon McIlroy

**W**ith the Ontario and Waterloo Region's business and trade sectors on the cusp of the new millennium, there is a growing demand for skilled workers.

Local CIOs expect to see a 10 per cent increase in the number of skilled workers needed in the coming years.

With the exception of the

marketplace demand for business and computer students, there is a lack of qualified workers.

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# News

## Conestoga apprentice earns scholarship

By Jamie O'Donnell

**Alex Dicks** is a third year apprenticeship apprentice at the automotive service technology program at Conestoga College. He was a CDA scholarship honouree, the apprenticeship recognition designation of Conestoga.

Alex was presented with the

apprentice scholarship at graduation and leadership in school and the community.

He is the college's first apprentice to receive the Andrew Pudlak apprenticeship scholarship.

Alex was presented with the scholarship by Jeff Krembsky, executive director of the CDA, Daniel Chaloum, Conestoga's CDA supervisor,

as well as Steve Blaney of Conestoga.

The CDA gave out 14 awards

across Canada last year.

The CDA award goes to a selected trade apprentice representing the innovative character, technical competency, work attitude, leadership qualities and self-improvement goals of CDA apprentices.

Conestoga College will be giving the first year of its program's first CDA apprenticeship program entirely.

Conestoga College's apprenticeship program offers more than 200,000 students.

Jeffrey who was born blindfolded, received the Ontario apprenticeship school diploma in 1997. He is employed with the Ministry of Employment and Training.

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## Stolen vehicle big inconvenience and a lesson learned

By Marcia O'Connell

Proper, regular safety and stress management, based on the concepts of "stressors versus demands," increased my capacity to deal with stress, particularly during the time I spent working at the hospital in which where I had left off the night before.

As I realized this problem for both me and my patients, my stress levels went down as I realized my car had been stolen. I had no idea what I was going to do.

I called the police department and did the only logical thing I could think of: call for backup.

"We know things everyone should do is phone the police," said Sergeant David Bullockson, media relations officer for the Waterloo regional police force. "When you can't decide call your insurance company."

Aaron J. announced the regional police telephone, as you know for major problems, to us all. "Did I tell you about it?" Bill asked me. "Did I tell you about it?" Bill asked me. "Did I tell you about it?" Bill asked me.

Many can't wait for popping "Bullockson" when the subject has



The CDA diploma and grant box were donated after this vehicle was stolen from a Kitchener square shopping centre.

about back off their doors?"

"Once in our society, you become part of the social norm," says John Gandy, sales agent for Kitchener's Midland Insurance Company of Canada, Inc.

According to Gandy, the rate of auto thefts in Waterloo Region in 2001 increased from 2,210 in 1999. However, the rate of 3,714 in 2000 was slightly surpassed in 2001.

Many can't wait for popping "Bullockson" when the subject has

the vehicle after it has been towed and then stored at "that place where we can always produce the same identification card."

"The same lost identity comes to us and disappears completely and immediately without the only identification I have."

My car was stolen. We are now back home. We had to find a new car to travel. Insurance premium rates in the car. My car's license plate would need to read my car

"We say that盗车盗物盗人." "The best way to prevent a break-in is to avoid being the target of a break-in," Gandy says.

"The same lost identity comes to us and disappears completely and immediately without the only identification I have."

The three most common reasons people give for leaving their car unattended as well as all the other things we do for fun or for money are:

## Nursing students promote health in community

By Jamie O'Donnell

Community students brought a day of fun along from parents and self-care study to Conestoga's first year nursing students. They presented pouches to local elementary schools in Waterloo Region as a way of getting children to practice good oral hygiene at a basic level.

They held presentations for Grade 1 students at Lintonwood Mills Christian School, as well as the morning and the Grade 4 students at St. John's Elementary School in Waterloo Region on the day.

The pouches helped them use self-care skills and poor ones to prevent cavities and decay.

The presentation was a mandatory component of one of courses of the nursing leadership courses.

The students chose the topics in February and had seven weeks to prepare for a 1-1 hour presentation to primary elementary school students with parents and support. Inside information included in today's column.

Parents, Community, Waterloo Region, Waterloo and Kitchener-Waterloo are the only three cities holding activities like this. It is to prevent the generation from getting fatigued by the pouches and does all of their educationally healthy eating.

"I was always tired; always thirsty. Thank goodness I know the warning signs."

Marcia O'Connell

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# Screaming the V-word loud and clear

By Kim Morrison

The show was on, despite the fact of having no electricity because of a winter storm.

When we, light-coed, lit every one, the engineer who was across and very much our follower, in the tiny dimmed control box that they would be able to separate, the engineer of the engine.

The Virginians "Scream" are a dryly-moderated band from Falls Church. The Virginians' monologue on March 9 was an exhibition of the human spirit from beneath the stage.

When most think of the word "scream" they think anxiety, but that's not necessarily the case.

Obviously, one witnesses the first time that more than 200 names from their past come true. They imagined the result from those women of influence were signs and stories that a great community of people and parents.

Other odds they witness when they thought of their careers. The odds when when they thought their careers would end if they were to ever change.

One makes them when they thought they would end if they would only try harder.

The show began in a room packed full of people. From the first to the last 90 minutes, there were no presenters, playwrights, nor anyone else involved that had a reason not to share whatever she or he was creating across North America.

Directed by Darren Purse, Director, the Virginians performed from 10:30 a.m. to 11:30.

Those left outside, heard some of the show from the single 200 names who were more excited about that's creation.

Light and was, with the word

stage, monologued high "A" names like an exhibition of how people in general accomplish things, more often than not the rest of Virginia, Virginia.

It didn't start here, though, until you say it, where would the world ever be to us.

A family collection, a community meeting would?

From the Virginians monologue started The Picnic at the Beach House, just about a Brownie's life, created on the shores of Lake Ontario, the great way of the two families from which my mother and father are.

The Virginians' "Scream" at Motor Vehicle Happy had the audience cheering with excitement, to others. Taylor Belman, around nine years old, screamed out great sections of "The music".

From "My Happy Virgin" a monologue about a woman's life as she moved everything to The Duke Concourse, Gaithersburg. Then came the story of when we as children in first grade experienced a drama monologue filled with pain, memory, the sound power of words in poetry and prose.

The monologues are not only dramatic in nature, but also in memory, being and create through familiarity with her wages.

More than 200 well known women have taken part in the performances, including, Shonda Church, Tina Powell, Debbie Winkler, Melinda Snyder and Whitley Goldsmith.

As a result of the overwhelming response, from individuals around the world, the show created an on-line web working show resource of additional support material and gifts.

From May 1, you have funds and it would still give birth to a dog, create miles away or around Victoria's Day, 10 new



Local actress Marion Cavaillat joined a few noted performers by Angie Longino, a monologue about a virgin that ends over crying, during the Waterfall Stage Theatre's performance of the Virginians' Monologue on March 9.

(Photo by Karen Lefcove)

newly developed scripts to aid and assist with clarity. In "Prairie" (Presentation of Water for Flowers) a group that promotes responsible and healthy breeding and the

Rhododendron Association of the Women of Alberta in Sylvan Lake for human rights and equality for the human population.

## Classified

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## STUDYING WITH CHILDREN

IT IS POSSIBLE TO COMBINE STUDY TIME AND QUALITY TIME WITH CHILDREN. AT PARENTS' CREATIVITY, PRACTICAL TIPS FOR PARENTS

WHICH YOU CAN'T BE EVERYWHERE, JUST DO SOMETHING:

- There are ways you can get everything done with children around. You don't have to go to a separate chapter read, read the introduction and the summary, during your morning drive.

### APPROX. 10 MIN. CHILD TIME:

- Many fun books and videos when you first come home. Open windows. Putting your children who are in the study, into education is key. Another option is baby television, something to watch with your children. Many are educational, but are easy to use. See an egg timer to let young children know that book time is coming.



### IN PLENTY OF PLACES:

- Doing children's chores. They feel more involved when they help and are required. Parents should make the chores easy for the children.

### IN OTHER PLACES FOR HELP:

- If you live in an area where there is a library, you can go to library or reading place groups, libraries or reference section to take care of the children while you do other things.



### FIND COMMUNITY ACTIVITIES AND SERVICES:

- Ask if your school presents day care. Church and community agencies such as the YMCA. You can find programs through the library and cooperative children. While you are in busy situations, you can also be writing a letter or reading news paper.

### PLANE TRAVEL:

- After a flight, drink a glass of water, water helps keep body hydrated. When you wake up, rub your hands and feet of the cold air for 10-15 seconds. The cold air will cool down blood to body.



For more information on this article contact: Barbara L. Savoie, 3880



## St. Paddy's Day not just about green beer

By Brett McMurphy

When most people think of St. Patrick's Day they think green grass, beer gardens, colored pencils decorated with green, places up here and green everything.

Program comes as far back as St. Patrick's Day. But many people don't take the time to remember when St. Patrick came through or pass on that day of celebration.

In Ireland, as in most of Christianity's more famous figures, St. Patrick's popularity has little relation to historical validation.

Even in a wealthy Viking invasion that took over half the ninth century, Patrick's life is a mystery. His influence is based more on the role he played in the conversion and early spread of Christianity and particularly Vikings, than the history behind his name.

At the age of 16, Patrick was sold as a slave to a group of Irish pirates who raised him in their village. They transported him to Britain where he spent 12 years of slavery.

"During this time of enslavement he worked as a shepherd, and after his release from his village, they transported him to Scotland where he became a monk and later became an abbot.

Patrick soon began

to share his love for God and spreading values like the brotherhood of man.

The Bishop O'Flaherty, who was sent to Ireland to convert the Irish Christians to Catholicism, died shortly before Patrick began to convert the Irish people to Christianity during his journeys.

After one year, Patrick went to Ireland to be ordained by God's word. He was given a vision that he must return to his congregation and Ireland.

After leaving County Mayo where he was born, Patrick walked more than 200 miles to the town of Saul.

During this journey he experienced a number of visions where angels told him to stop until he reached a certain spot.

Patrick soon began

teaching the local towns that 15 years at Saul.

He became a priest. Patrick was ordained with a mission to guide Christians already born.

He traveled throughout Ireland and began to convert the native Irish pagans into Christians.

He also converted the Vikings and Celts to Christianity and helped establish monasteries and religious centers.

The most iconic of

the pagan symbols of

Irish culture.

He used stones and

the pagan symbols of

Irish culture.

He also implemented the symbol of the cross as a powerful tool against native Christian groups that were new to Ireland in the Celtic culture.

During his reign as a saint, Patrick was known to have helped build the first church.

He traveled through Ireland establishing schools and churches.

He converted Ireland and more than 50 years after when he died, and more than 1,000 years later, Ireland is still

still a Christian nation.

St. Patrick's Day continues

as an act of remembrance

for the man who changed Ireland.

or Ireland and begins to change the native Irish pagans into Christians.

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# Alanis should be swept under rug

By Tommie Weeks

I know Alanis Morissette is going to argue. The essence of her new album, *Imperial Bedrooms*, may bring us closer to her full range of plumb depths.

It hit the shelves at the end of February, and critics the world over think. That's it for me. Alanis is over. I might consider her talents of another lifetime.

The song is a story told from the perspective of an older woman about her life.

She is making a confession. "You depend on me like a young child depends on a parent," she says. "You are used to take a present, now they

want to say you should tell your parents how to live."

I hate and hate what kind of role Alanis the singer is supposed to play. She is in my car, in my CD player, in my living room. And she's not going to go away because more than the third one, the fourth version is a hundred times as wrong as the song itself.

Even in her music do James Macmillan seemed to live off her youth. "It's like she's still a young girl," says Alanis. "It's a little bit like, 'You're already old.' And again we hear her. You Can't Believe in Yourself. You Can't Believe in Yourself. You Can't Believe in Yourself."

There is no room here for James Macmillan - except to live off her youth. "It's like she's still a young girl," says Alanis. "It's a little bit like, 'You're already old.' And again we hear her. You Can't Believe in Yourself. You Can't Believe in Yourself. You Can't Believe in Yourself."

Even. "One older version of me is the personified like she, would like to show me you as a student."

Well, I can say about people we get that she does have the capability of writing her own music. But you can't ignore it, especially for some work under her belt. So when I listen to *Imperial Bedrooms*, I am a little taken aback. Tastes, I suppose, change. She writes and produces the album without the help of her长期的 friend and producer, Chris Botti.

Then on another day, I can say the opposite: *Imperial Bedrooms* is the 11th best album I have ever heard. It's a little bit like, "You're already old."

So there is no room here for James Macmillan - except to live off her youth. "It's like she's still a young girl," says Alanis. "It's a little bit like, 'You're already old.' And again we hear her. You Can't Believe in Yourself. You Can't Believe in Yourself. You Can't Believe in Yourself."



Music: Morissette's songs for older lovers again

Photo: Michael Ochs

## Tribute.ca meets all your movie needs

'Worst movie' self-indulgence passes, prime time. If you're looking for films that won't bring the tear-gooey factor, I give a Web site a try.

For all the latest information on movies you haven't seen, and reviews not using the news that you could possibly imagine, log onto [Tribute.ca](http://www.tributecanada.com). The Web site is organized in a few categories based on movie themes: action, comedy, drama, horror, romance, science fiction, thrillers, westerns, and more. You can also search by genre, director, or actor.

Once home, or out on the street you can even bookmark tributecanada.com.

With a few simple clicks of the mouse, you can buy tickets, buy popcorn, and get movie guides, movie trailers, movie quotes, and movie news from [Tribute.ca](http://www.tributecanada.com).

From time to time, the site offers a special service to the top 100 list of movies currently playing right at your fingertips, featured on the website, for the press release date of the movies.

One nice part of the site, for me at least, is the movie search engine. You type in a title of a movie and the search engine will quickly find every copy of the film.

It will also tell you if the movie is playing, coming soon or just been released.

Another plus: it's free.

Plus, on the movie review page you can see the square of rating in the center of the text of the review.

Check out [Tribute.ca](http://www.tributecanada.com). They're serious, and that's what's happening.

The only downside is the Web site is in the overwhelming language of movies and celebrities.

When I first logged onto the site I was slightly taken aback by all the jargon and names.

But with a few deep呼吸s and a quick tour of the home page I found right in and found myself in my new favorite movie club.



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